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Orindawoods Tennis News

Orindawoods Tennis Club: 925-254-1065; Office Hours: M-F 8:30 a.m.-6 p.m., Sat./Sun.: 8:30 a.m.-1 p.m., www.orindawoodstennis.com

"I like this place, and willingly could waste my time in it – Celia, As You Like It, Act II, Scene IV

Keepin' It Fun at Orindawoods

Performance expert and best-selling author James Loehr has often said that the most important thing in performance is having a high level of positive energy. He calls this place the Ideal Performance State, but really, it is just having fun, or feeling joy.

This seems so simple, but really, to stay in this feeling of high positive energy is rather challenging. Nerves, fear and anger can creep in (forms of high negative energy, or we can get tired, a bit irritated, worn out or bored (low negative energy). Other times we feel mildly positive, which can be pleasant, but lack any get up and go (low positive energy) to get anything done.

I've often quoted sports psychologist, college coach and businessman Allen Fox when he said, "Only think thoughts that help you." Again, this is a very simple idea, but far from easy to do. Sometimes we don't even realize we are thinking thoughts that are not helpful, other times, if we stop to think about it, we can see how we are being hurtful to the cause.

I remember being in a church group in college, and coming across some material that said that nowhere in the bible were we instructed to feel guilty. Of course this was a huge surprise to me, since so much guilt seems to get wrapped up in religion, but this is really a misinterpretation of the text. Even the word repent, simply means to change your behavior. It doesn't say in any way that we use the strategy of guilt to accomplish that.

The author went on to say what psychologists have said for a long time, that guilt is a very poor motivator, and when it does force compliance, also has the very bad side effect of resentment, frustration, anger and the resulting loss of motivation (loss of high positive energy).

World-renown negotiator Marshall Rosenberg takes this even farther. In talking about changing someone's behavior, he says there are only two questions that apply. The first is "What do you want them to do?" Pretty obvious. Here force, coercion, guilt, rules, the law, fear of punishment all come into play. But if you want to keep feelings positive, and not create unwanted side effects like anger, resentment, bitterness, which can eventually cause demotivation and even violence in extreme cases, then the very important second question applies, "What is the motivation you want them to have for doing what you want?"

For example, you want your kid to do their homework. There are many ways that you can force them, or bribe them (I'll give you candy or let you play video games) to do their homework, but if you ask the second question, what is their motivation ("I want to learn") so that you don't get those lousy side-effects, then many of those tools or strategies go out the window. T.S. Elliot once said, "The last temptation is the greatest treason, to do the right thing for the wrong reason."

It is this second question, the question of motivation, that we must be mindful of, if we are going to keep our positive

Monday Team Tennis

I'm picking the teams, I'm checking them twice, I'm going to decide who is naughty and nice. And in this league, if you are naughty (you are the best heckler), you get an award.

Yes folks, it is time for Monday Night Team Tennis, and if you have been foolish enough not to sign up at this point, bring Keith an apple for his desk, and he will try to fit you in. I will be making the teams up on May 27, so get ready to rock. The first night of action is June 2, starting at 6 p.m.. As always, there will be tennis from 6-9, and dinner somewhere in there is included. If you want to be a captain, or help out, I sure could use you. The cost is \$50 for members and \$60 for non-members, if we take any.

Twilights This Summer

Hey, let's have a party. A Twilight Tennis Party. We'll play some tennis (5-7 p.m., Keith's magic mixer), and eat a little steak (Kinder's, of course). Have some wine and beer, and chat it up with our friends and neighbors. Lets do this on Friday, July 18. You don't need to play tennis to join us for dinner.

To sign up, you can register on the Club's website, or call or e-mail Keith and let him know. Be sure to say if you are playing tennis, and what you want for dinner, steak or chicken. The cost is \$18 for just dinner, \$20 if you play tennis. Thanks.

Other Twilights: 8/8, 9/12 and a weekend in Oct.

Ace It!

Our Breast Cancer Awareness Day Fund Raiser is Saturday, June 21. Ace It!, now in its sixth year, was started by several women here at the Club in response to some club members and friends being diagnosed with breast cancer. Over the past five years, we have raised over \$100,000, all from small donations and entry fees from people like you, to help fight this terrible disease.

The event itself starts off with a guided warm up, followed by our Tour of the Pros (seven courts of clinics with pros from the area), a wonderful lunch on the deck and in the afternoon, the Ace It! Tourney.

You can sign up by picking up a registration form at the Club, or going on the Club's website and downloading a pdf file of the application. If you just want to make a donation, please make it to Alta Bates Summit Foundation and either drop it by the Club or send it to: Ace It! at Orindawoods, P.O. Box 2087, Orinda, CA 94563. Thank you!

environment, for others, and for ourselves here at Orindawoods.

Of course, this is an indictment against much of our society's ways of doing things. Schools, for example, become not about learning, but chasing grades. Believe me, I know all about this. I was just about the best grade chaser in my high school class, but in the end, I ended up in a very good university (you would think a good thing), but completely burned out (low negative energy, not good). My roommate thought I would drop out, but instead, some how I found what very little energy I had left, and had to then embark on a long journey of rediscovering what I love, what brings me joy, and then to learn for the right reasons, despite the fact that society was still trying to get me to chase grades (or later, money -- grades for adults).

How cheaply we sell ourselves, that rather than find what we love, and doing that, we settle for a reward, or for avoiding punishment. No wonder so many people question their lives and the meaning of it all.

How does this all apply to our Club, Orindawoods? Well the obvious answers are chasing winning, titles, rankings, USTA ratings, these are all grades, or rewards. They are external, and are missing the point really, and therefore, are really, even when achieved, rarely going to satisfy, at least for very long.

Jim Loehr again, "People who think they had fun because they did well really have it backwards, in truth, they did well because they were having fun." It is a question of getting the horse in front of the cart again, where it belongs.

The reward that can stick is our love of the game, or of life. That is what our attention should be on, not on the external reward but the internal joy, something we can feel right now, and is priceless.

Success is really about loving what you do. If you love what you do, the external trophy stuff will probably come along too, but you will realize it really isn't that important, when you love your life. So that is playing a tennis match, but I really want to dive deeper into this idea here in this article. Why Orindawoods Tennis Club, why belong to a club, play a sport, get your kids involved?

One of our very successful, hard working, tired, harried, somewhat grouchy, worn-out members (I'm not going to call this person "the Grinch") came into my office one day, a couple years back, collapsed in a chair, smiled ever so slightly and said, "You know, this is the one place in my life I feel really comfortable and welcomed." It wasn't at their successful practice, it wasn't at home, it was here, at the Club. They felt like they belonged. Welcomed. The pressure came off, they felt free to be themselves and play (def: to take part in an enjoyable activity for the sake of amusement). How many of us, on a regular basis, remember we are here for our own amusement?

To me, that is the key to Orindawoods, and as manager, the highest compliment I have ever received. This is our greatest asset, it is a fun place (or as the header above quotes, "I like this place, and could willingly waste my time in it" -- Celia, As You Like It, Act II, Scene IV).

High positive energy here at Orindawoods. The love of playing, of being here, of being. For me as your manager / pro / friend, anything that messes with that feeling of happiness, is danger (just like when you are playing a match).

All of us, members and staff, need to keep our eyes on the target, on keeping Orindawoods, and our tennis in general, fun (as in enjoyable, not as in laughing hysterically, though that may happen too). Let the tears be tears of joy, not anguish.

There are all kinds of traps set all around our lives that if we fall into, suck the fun right out of life. The same is true here at the Club.

One of the biggest traps is conflict with others. Most tension we get here at the Club has something to do with this, and so it is each of our responsibilities to try to minimize this drag on our enjoyment as much as possible. And yet different people, want and need different things. Where people are involved, there is bound to be conflict. Two different groups may want to play on the same court, for example. How that is resolved, will have a lot to do with how happy a place Orindawoods is, and how comfortable you feel coming down here. Hopefully the new computer reservation system helps with this.

One of the strategies for trying to cope with these inherent conflicts, is to legislate, that is, have a bunch of rules to try to make these intersections of individual interests from becoming collision points. Yet situations often vary, while rules themselves are rigid. Because rules are rigid they can be maneuvered around, and loopholes can be found. The temptation is to fix this by making another rule, but this only leads to more maneuvering. It's endless.

I love the quote by Thomas Wolfe that simply states, "We all want systems so perfect that no one has to be good."

Well, those systems can't be built. Just look at the tax code, miles and piles of rules, and people still find ways to cheat. Rules are a failed strategy.

But there is a valid need behind this strategy. What we need is to be treated fairly, and with respect. We just have to admit we can't force it on others.

What really works, is that people treat others fairly and with respect, because they are their friends, neighbors, fellow club members and they care about them. And because, in return, they would like to be treated the same fair and respectful way. So

Quote of the Month:

Each of you is perfect the way you are... and you can use a little improvement."

--Suzuki Roshi

it is not only neighborly, but in your long-term best interest too.

Getting a court at the expense of someone else, may be a short-term gain, but could very well be a long-term pain, because someone else will turn around and treat you the same.

James Loehr tells a great story of sitting with a parent of a nationally ranked junior tennis player watching a match, and Loehr sees the junior blatantly cheat. Loehr waits to see the parent's reaction, and the parent leans over and says, "Well Johnny needed to cheat because the other player is a cheat, and if Johnny didn't cheat first, he was going to be cheated. He had no choice but to cheat before that cheater cheated." Loehr added, "This is craziness. These people are nuts." It is psychopathic behavior.

This eye for an eye strategy, we see it all around the world, just ends up with dead folks on both sides, or in our club's case, a lot of hurt feelings, loss of fun, and therefore damage to our very nature and the reason why we exist.

Yet tennis is a game of competition, and we are all competitive to some degree, so it is easy to fall into the "die sucker, die" mentality, but this very mentality, could lead to you not enjoying your time at the Club, and losing our most valuable commodity, enjoyment and relaxation. We need to keep the competition within the game of tennis, and within the rules of the game.

Teaching pro Wayne Bryan, father of the Bryan brothers, says that when he is observing a tennis lesson to evaluate how good a lesson it is, he only looks for one thing: is the pro having fun. If the pro is having fun, if he is engaged, then learning is happening.

So what keeps us all, not just pros, engaged in what we are doing? It is that feeling of really wanting to be there, of believing in what you are doing, in liking the people you are with.

What can get in the way of that? We have mentioned disrespect, people not treating you fairly or the way you want to be treated. And then, there is working too much (for me, the manager / pro), or playing too much (for you, the member). We all think that more practice is better, but sometime not practicing can be the best thing you can do. If you want to keep it fun, then you want to feel like you can't wait to get out there. Wayne Bryan again, "Give kids a little bit less than what they want. Keep them hungry." We should do the same with ourselves.

Too much pressure robs fun too, or that is, pressure you can't handle (pressure you can't convert to opportunity). Solve this by thinking thoughts that help you, like "I play leagues because I love to play, and meet new people, and get good competition," as opposed to "I have to win this match."

Having to win, whether it is a match, or getting the court reservation you want, is a formula for disappointment and bad feelings. The anger and frustration that you feel when you don't get what you want, is not based on your failure to achieve what you want, but on the very beliefs that you bring to the situation. Without those flawed beliefs, there would be no unhappiness. As soon as you feel upset about something, author Byron Katie says, "look at what the belief is behind that feeling, and ask if it is true." Is it absolutely true that you have to win that match, or have your favorite court? How would you feel if you didn't have that belief? What if you turned that belief around, would you feel better? ("I don't have to have that court to be happy"). Is that more true? We set ourselves up for so much frustration and unhappiness, then mistakenly blame others for our misery.

Finally, in any group like a club, there are bound to be subgroups, friendships, cliques, teams, call them what you will. Sometimes this can lead to rivalries. Rivalries are not inherently bad, if they are causing you to be better, and the Club to be more fun. In other words, if they drive excellence and fun, they are useful. However, often, they can be divisive, involve jealousy, and take away from yours or others enjoyment. Often, there are misunderstandings and mistrust. This is the kind of stuff that can poison the atmosphere at a club. Believe me, as soon as you don't care what another group's needs are, they won't care about yours. Of course, like the junior in the story above, most people just assume the other doesn't respect them, and launch a preemptive disrespect strike first. We have to be better than this, folks, or we get into the junior/parent crazy thinking modeled above.

Often one group or the other will try to get the leader (manager) of the group to take sides, or make the other group do this or that. This never works, and just causes further divisiveness, and can lead to the feeling that the leader is taking sides, or playing favorites.

We are all adults here, and I am not the lifeguard at the kiddy pool, telling which kid to go sit in the corner because they have been bad, and who can keep splashing in the water. This doesn't serve any of us. As mentioned above, guilt, force and coercion doesn't lead to real changes in behavior, and instead, just leads to more problems down the road. Short-term gain, long-term pain. Remember the second question, why do you want them to do it? You want them to stop playing after their hour and a half time limit, because they realize they have played their fair share, and because they want you to have your turn.

Sometimes we wish the other group would just go away, so we can do what ever we want. But is that belief really even true? If you and your friends were the only members, then dues would be about \$5,000 per month. That's kind of steep, even for around this neighborhood.

It is best for us to all talk directly to the people that we have a problem with. Explain our needs, listen to theirs,



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and see if we can have some compassion for their position, and understanding of each other. The manager or staff can mediate this process, but not dictate it.

Choosing sides, and stockpiling weapons, is never going to lead to a club that you want to be a part of in the end. And some people do cheat, or are not very nice. They gossip, talk behind your back. It is true.

But is your joy lost because of them, or because of your beliefs? Cheating back doesn't help, I just feel worse. My integrity is worth more than keeping a court a little longer, or a bad line call.

Check your belief out, does everyone have to behave for you to feel happy? Perhaps this is why there is a shortage of happy people. Really, how is that belief working for you? In our own feelings of self-righteousness, in our own need to be right, we are losing the very thing we came looking for. Loss of happiness is too high a price to pay.

We all want the same thing here, a place to play, to have fun, to enjoy our recreational time and feel respected and be treated fairly by others. We may not have complete control over that, but we can do our best with our part of the equation. We all need to defend that happy place with all our abilities, or risk losing one of the great places of joy in our lives. It's my hope that you have fun out there!

Pool Rules

Or is that "the pool rules!!!!"

We love our little pool here at Orindawoods, but in order to keep it safe and fun, we have a couple of rules to keep it the happy place it should be. So remember these key rules and everyone will have fun and be safe:

1. Pool hours are dawn to dusk.
2. Children under the age of 14 must be accompanied by an adult
3. There is no glass allowed in the pool area (broken glass is invisible in water)
4. No running (we don't want any boo boos from tripping and falling)
5. No diving (one friend paralyzed for life is enough for me in this lifetime, thank you).
6. There is no lifeguard, so swimming is at your own risk (best to bring someone with you if no one else is around)
7. The pool temperature is 81 degrees, the spa is 102. We do everything within our power to keep it that way, but thermodynamics are thermodynamics, and there are always some adjustments involved. Please let us know if it seems a bit off.
8. Guest fees for pool guests are \$5 for a family, and \$3 per person.
9. A Tennis Membership includes a pool membership. Separate Pool Memberships are available for the summer for any friends that you might have that just want to swim, and don't play tennis. The cost is \$275.
10. The emergency off switch for the spa (the red button on the wall) is for emergencies only. If you use it to turn off the jets, it will also turn off the heater, and the spa will be cold in a couple of hours. There is no way to restart the heater.

Orindawoods Junior Summer Camps Schedule 2008

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The summer program begins on June 9 and runs for 8 one-week sessions. Six of the weeks are Tennis Camps (weeks beginning 6/9, 6/16, 6/30, 7/7, 7/21, 7/28) and two weeks are our Wet and Wild camp (6/23 and 7/14). The weekly schedule is determined by which type of camp it is:

Tennis Camp

Class	Days	Time	Member	Non-member
Little Ones	Tuesday and Thursday	11:15-12pm	\$30	\$35
10s Clubbers	Monday-Thursdays	12pm-1:30pm	\$90	\$100
Big Boomers	Monday-Thursday	1:30pm-3:30	\$115	\$130

Wet and Wild

Tennis Clubbers	Monday-Thursday	12pm-3pm	\$165	\$180
Big Boomers	Monday-Thursday	1pm-4pm	\$165	\$180